

## Making cooking as much fun as eating

Please read this instruction manual. This will ensure that you make full use of all the technical benefits the compact microwave oven has to offer.

It will provide you with important safety information. You will be familiarised with the individual components of your new microwave. And we will show you how to make settings step by step. It is quite simple.

The tables list the adjustment values and shelf levels for numerous well-known dishes. All these dishes are tested in our cooking studio.

In the unlikely event of a malfunction, look here for information on how to rectify minor faults yourself.

A detailed table of contents will help you to find your way around quickly.

Enjoy your meal.

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## Instruction manual

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# Important information

Read this instruction manual carefully. Only then will you be able to operate your appliance safely and correctly.

Please keep the instruction and installation manual in a safe place. Please pass on these instruction manuals to the new owner if you sell the appliance.

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## Before installation

**Disposing in an environmentally-responsible manner**

Unpack the appliance and dispose of the packaging in an environmentally-responsible manner.

**Transport damage**

Check the appliance for damage after unpacking it. Do not connect the appliance if it has been damaged in transport.

**Electrical connection**

If the power cable is damaged, it must be replaced by a specialist trained by the manufacturer in order to prevent hazards.

**Installing and connecting your microwave oven**

Please observe the special installation manual.

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## Safety information



**Children and the microwave**

This appliance is intended for domestic use only. Only use the microwave oven for preparing foodstuffs.

Children are only permitted to use the solo microwave function if they have been instructed how to do so. They must be able to operate the microwave oven correctly. They must understand the hazards indicated in the instruction manual.

Children must be supervised by adults at all times during combination oven operation. There is a risk of burning.

This appliance is not intended for use by young children or infirm persons unless they have been adequately supervised by a responsible person to ensure that they can use the appliance safely.

Young children should be supervised to ensure that they do not play with the appliance.

## Hot oven



Open the oven door carefully. Hot steam may escape.

Never touch the surfaces of heating and cooking appliances.

Never touch the internal surfaces of the microwave oven or the heating elements. There is a risk of burning.

Children must be kept at a safe distance from the appliance.

Never place combustible items in the microwave oven. Risk of fire!

Never open the microwave oven door if there is smoke inside. There is a risk of burning. Switch off the microwave oven. Pull out the mains plug or switch off the appliance by the fuse in the fuse box.

Never trap cables of electrical appliances in the hot oven door. The cable insulation could melt. There is a risk of short-circuiting.

## Damaged microwave oven door or door seal



Never use the microwave if the microwave oven door is open or if the door seal is damaged. Otherwise microwave energy may escape. Do not use the microwave again until it has been repaired.

## Environment



Never expose the appliance to excessive heat or moisture. There is a risk of short-circuiting.

## Inadequate cleaning



Clean the appliance on a regular basis. The surface of the appliance could be destroyed and the appliance could corrode over time if it is not cleaned with sufficient care. Microwave energy could escape.

## Repairs



Incorrect repairs are dangerous. There is a risk of electrocution!

Repairs may only be carried out by after-sales service technicians who have been fully trained by us.

If the appliance is faulty, switch it off by the fuse in the fuse box or disconnect the appliance at the mains. Contact the after-sales service.

You must not open the casing. The oven is a high voltage appliance. Risk of electrocution!

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## Safety information for microwave operation



Use of the microwave is intended exclusively for the preparation of foodstuffs. Using the microwave for other purposes may be dangerous and may result in damage e.g. grains or cereals could catch fire when heated. Risk of fire

### Microwave power and time



Do not select a microwave power or time setting that is higher than necessary. The food could catch fire. The appliance could be damaged. Risk of fire  
Follow the information provided in the instruction manual.

### Ovenware



Only use ovenware that is suitable for use in a microwave.

Porcelain or ceramic ovenware can have small perforations in the handles or lid. These perforations conceal a cavity below. Any liquid that penetrates this cavity could cause the ovenware to crack. There is a risk of injury.

Meals heated in the microwave oven give off heat. The ovenware can become hot. There is a risk of burning. Always use an oven cloth or oven gloves to remove ovenware and accessories from the microwave.

### Packaging



Never heat meals in heat-retaining packages. Risk of fire.

Do not leave food heating unattended in containers made of plastic, paper or other combustible materials.

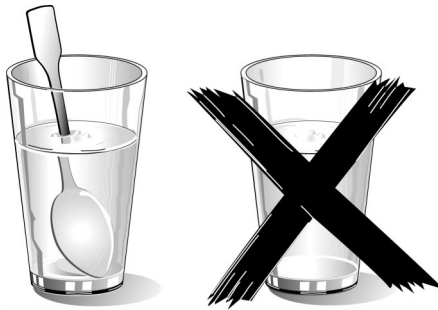
Airtight packaging may burst when food is heated. There is a risk of burning. Follow the information provided on the packaging. Always use an oven cloth or oven gloves to remove meals.

## Drinks



There is a possibility of delayed boiling when a liquid is heated. This means that the liquid reaches boiling temperature without the usual steam bubbles rising to the surface. Even if the container only vibrates a little, the hot liquid can suddenly boil over or spatter. There is a risk of burning.

When heating liquids, always place a spoon in the container. This will prevent delayed boiling.



Never heat drinks in containers that have been tightly sealed. There is a risk of explosion.

Never overheat alcoholic drinks. There is a risk of explosion.

## Baby food



Never heat baby food in closed containers. Always remove the lid or teat.

Stir or shake well after the food has been heated. This is the only way to ensure even heat distribution. There is a risk of burning.

Check the temperature of the food before it is given to the child.

## Foods with shells or skin



Never cook eggs in their shells. Never reheat hard-boiled eggs as they may crack or explode. The same applies to shellfish and crustaceans. There is a risk of burning.

Always prick the yoke when frying or poaching eggs.

Always prick the skin of foodstuffs with peels or skins such as apples, tomatoes, potatoes and sausages before cooking to prevent the peel or skin from bursting.

**Drying food**



Never use the microwave to dry food. Risk of fire

**Food with a low water content**



Do not defrost or heat food at too high a power or for too long if the food has a low water content, e.g. bread. Risk of fire

**Cooking oil**



Never use the microwave to heat cooking oil on its own. Risk of fire

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## **Causes of damage**

**Baking tray or aluminium foil on the microwave floor**

Do not place baking trays on the microwave floor. Do not line the microwave floor with aluminium foil. This causes heat to accumulate. Baking and roasting times will no longer be correct and the enamel will be damaged.

**Water in the oven**

Never pour water directly into a hot microwave. This could damage the enamel.

**Fruit juice**

Do not place too much on the universal pan when baking very moist fruit cakes. Fruit juice dripping from the universal pan leaves stains that cannot be removed.

**Cooling with the microwave oven door open**

Only leave the microwave oven to cool with the door closed. Do not allow anything to become trapped in the microwave oven door. The fronts of adjacent units may be damaged over time even if you only leave the microwave oven door open slightly.

**Very dirty oven seal**

If the oven door seal is very dirty, the door will no longer close properly when the microwave is in operation. The front of adjacent units could be damaged. Keep the seal clean.

**Using the microwave oven door as a seat**

Do not stand or sit on the microwave oven door.



## Using the microwave oven without food

Do not switch on the microwave unless there is food inside. The microwave could be overloaded if it is switched on without any food inside. An exception to this rule is for short-term testing of ovenware (see notes on ovenware).

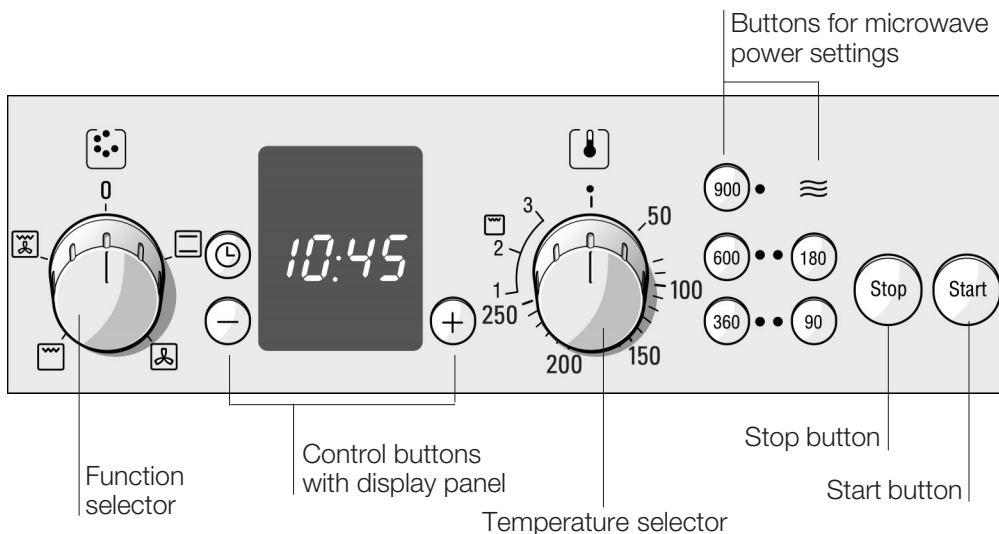
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# Your new microwave oven

Here you will learn more about your new microwave oven. The control panel and its switches and indicators are explained here. The types of heating available and the accessories included with your oven will be explained here.

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## The control panel



## Buttons for selecting the microwave wattage

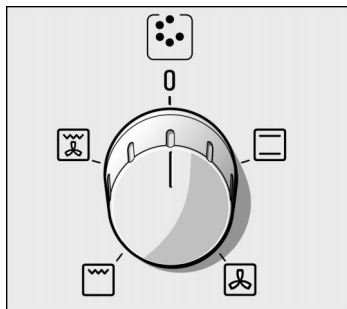
Use these buttons to select the microwave wattage required.

90 W	for defrosting delicate foods
180 W	for defrosting and continued cooking
360 W	for cooking meat and heating delicate foods
600 W	for heating and cooking food
900 W	for heating liquids

The wattage selected is shown in the display when a button is pressed.

## Function selector

Use the function selector to select the type of heating for the oven.

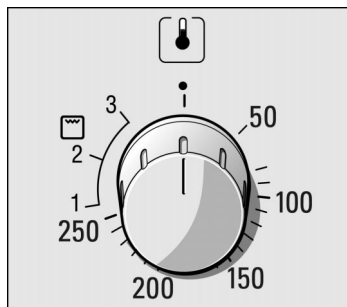


### Settings

	Top/bottom heating
	Hot air
	Radiant grilling
	Hot air grilling

When you select a function, the oven light switches on.

## Temperature selector



Use the temperature selector to set the temperature or grill setting.

Temperature

50-250

Temperature range in °C

Grill 

1

low grill

2

moderate grill

3

high grill

The symbol in the display is illuminated while the oven is heating up. It goes out when there is a heating pause. The symbol does not come on for grilling and hot air grilling.

## Control buttons and display panel

Clock button 

Use to set the clock and cooking time.

Minus button –

Use to decrease the time.

Plus button +

Use to increase the time.

Stop button

Use to stop oven operation or to cancel a setting.

Start button

Use to start the oven.

The values set can be seen in the display panel.

## Push-in control knobs

The control knobs can be pushed in. Press the control knob to release or lock it.

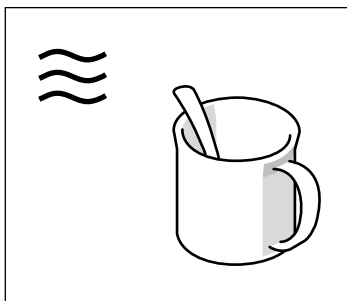
The function selector can be turned clockwise or anticlockwise, whereas the temperature selector can only be turned clockwise.

## Types of heating

Different types of oven heating are available. You can therefore select the optimal method of preparation for each dish.

### Microwave

Microwaves are converted to heat in foodstuffs. The microwave setting is suitable for defrosting, heating, melting and cooking food quickly.

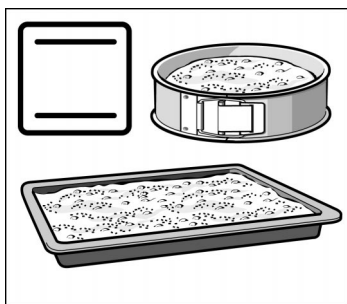


### Combination operation of microwave

The microwave is operated simultaneously with another method of heating. The dishes are still brown and crispy, but they are cooked much faster and you save energy.

### Top and bottom heating

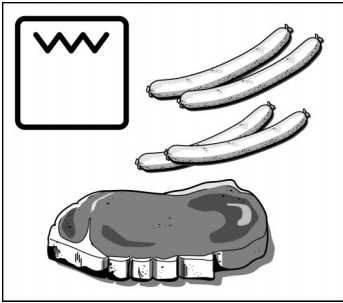
This ensures the even distribution of heat onto the cake or roast from the top and bottom of the oven. This is the optimal method for cooking sponge cakes in tins, and sponge flans and cakes in the universal pan. Top and bottom heating is also suitable for lean joints of beef, veal and game.



### Hot air

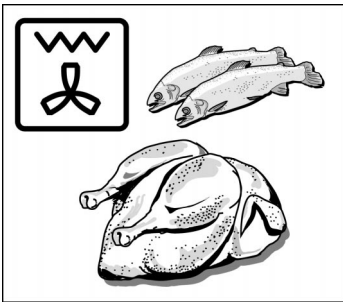
A fan on the back wall distributes the heat from the top and bottom elements equally throughout the oven. You can use hot air to bake sponge cakes in tins.





### Grill

The entire surface under the grill element becomes hot. You can grill several steaks, sausages, fish or toast.

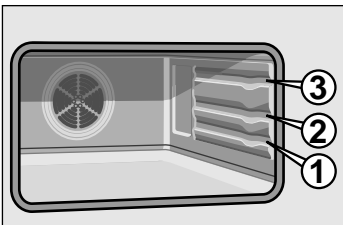


### Hot air grilling

Grill elements and fans switch themselves on and off alternately. During the heating break, the fan distributes the heat generated by the grill all around the food. Pieces of meat then become crispy and brown on all sides.

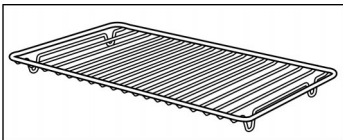
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## Oven and Accessories



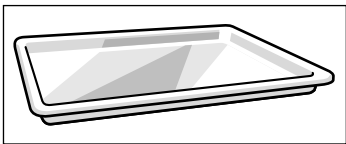
The accessories can be inserted into the oven at 3 different levels.

You can pull the accessories out by two thirds without causing them to tip. This enables easy removal of dishes from the oven.



### Wire rack

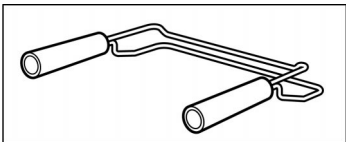
for grilling. Always place the wire rack in the glass pan. Fat and meat juices are collected.



### **Glass pan**

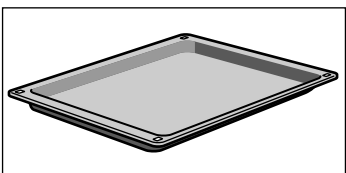
as a surface during microwave operation and for cakes in tins. Also for large roasts, moist cakes, bakes and gratins.

It can be used as a splatter guard if you grill meat directly on the wire rack.



### **Handle**

for removing the glass pan.



### **Universal pan**

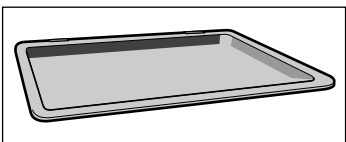
For large roasts, dry and moist cakes, bakes and gratins.

Insert the universal pan into the oven with the tapered edge facing the oven door.

## **Accessories**

Accessories may be purchased at a later date from the after-sales service or from specialist shops. Please specify the HEZ/HMZ number.

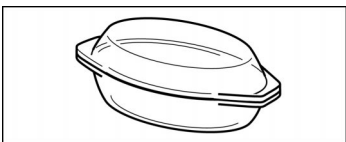
### **Special accessory**



### **Enamel baking tray HEZ861000**

for cakes and biscuits.

Push the baking tray as far as possible into the oven, with the sloping edge facing towards the oven door.



### **Glass roasting dish HMZ21 GB**

for braised dishes and bakes that are cooked in the oven. This is particularly suitable for automatic programs.

## **Note**

Condensation may appear on the door panel, interior walls and floor. This is normal and does not affect the operation of the microwave. Wipe away the condensation after cooking.

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## Cooling fan

The oven is equipped with a cooling fan. It switches on and off automatically when necessary. The warm air escapes above the door.

The oven remains cold when the microwave is in operation. The cooling fan may switch on anyway. The fan may run on even when microwave operation has ended.

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## Before using for the first time

This section tells you everything you need to do before using the cooker for the first time.

Heat the oven and clean the accessories. Read the safety information in the “Important information” section.

First check that three zeros and the ⌚ clock symbol are flashing in the display.

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## Set the time

1. Set the time using the + or – button.
2. Press the ⌚ clock button.


The time is adopted. The oven is ready for use.

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## Heating up the oven

### Method

Heat the empty oven with the door closed to remove the new oven smell.

1. Set function selector to .
2. Set the temperature to 250 °C using the temperature selector.

Switch off the function selector and temperature selector after 20 minutes.

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## Pre-cleaning the accessories

Please wash the accessories thoroughly with soapy water and a cleaning cloth before using them.

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# The microwave

You can set the microwave on its own or in combination with another type of heating.

This section provides information on ovenware as well as an overview of how to set the microwave.

## Tables and tips

Lots of examples of defrosting, heating and cooking with a microwave oven are given in the “Tables and tips” section.

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## Ovenware

### Suitable ovenware

Heat-resistant ovenware made of glass, glass ceramic, porcelain, ceramic or heat-resisting plastic are suitable. These materials do not block the microwaves.

You can also use serving dishes. This saves you having to transfer the food into other containers. Only use ovenware with gold or silver trim if the manufacturer guarantees they are suitable for microwaves.

### Unsuitable ovenware

Metal dishes are not suitable. Metal blocks the microwaves. Food in closed metal containers will remain cold.

Caution. Metal - e.g. a spoon a in glass - must be at least 2 cm away from the oven walls and inside of the door. Sparks may damage the door glass.



## Ovenware test:

Never switch the microwave on without any food in it. The only exception to this is if you are carrying out the following dish test.

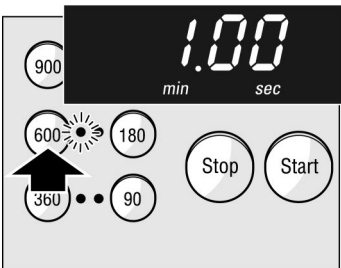
Carry out the following test if you are unsure whether your ovenware is suitable for use in the microwave: Place the empty dish in the oven for ½ to 1 minute at full power. Check the temperature during this period. The dish should still be cold or hand-hot. The dish is unsuitable if it becomes hot or sparks are generated.

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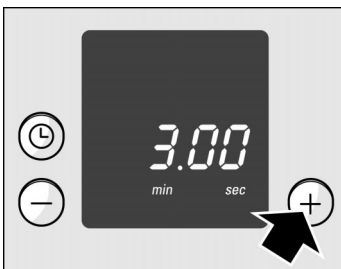
## Setting procedure

You can only set the 900 watt microwave power setting for a maximum of 30 minutes. For all other settings a cooking time of up to 90 minutes is possible.

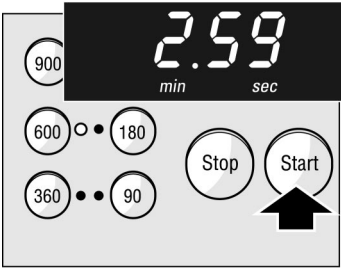
Example:  
Microwave power setting  
600 W, 3 minutes



1. Press the button for the microwave power setting you require.



2. Set the cooking time using the + or – button.



3. Press the Start button.

The cooking time counts down in the display.

**The cooking time has elapsed**

A signal sounds. It stops when you open the oven door or press the Stop button.

**Changing the setting**

You can change the cooking time at any time using the Plus + or Minus – button.

**Pausing**

Open the oven door. The microwave stops. The cooling fan may run on. Simply press the Start button again once you have closed the door. Cooking continues.

If you forget to press the Start button you will hear a signal after three seconds.

**Cancelling the setting**

Press the Stop button twice or open the oven door and press the Stop button once. The clock reappears in the display.

**Notes**

The cooking time is displayed as follows:

up to **1.00** min in one-second steps

up to **15.00** min in 10-second steps

up to **1.00** h in 30-second steps

up to **1.30** h in 5-minute steps.

You can also set the cooking time first and then the microwave power setting.

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## Two or more microwave power settings in sequence

You can set up to three microwave power settings and times for your dish.

Make settings as described in points 1 and 2. Then set the second microwave power setting and cooking time, followed by the third if required.

Finally, press the Start button.

The total cooking time appears in the display. It counts down backwards. The active microwave power setting is illuminated more brightly.

### Note

You can also set the same microwave power setting twice, e.g. 600 W - 360 W - 600 W.

You may only select the 900 W setting once.

Once cooking has started the cooking time cannot be changed again.

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## Setting the oven

Set your oven using the function selector and the temperature selector.

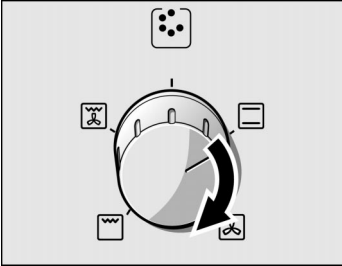
You can also enter a cooking time for your dish. Then the oven will switch off automatically after the set period.

### Tables and tips

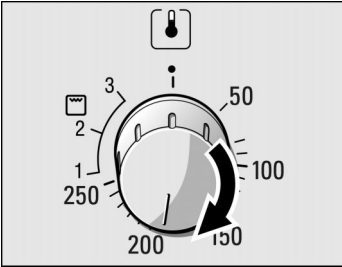
The correct settings for many dishes can be found in the tables and tips section.

# Setting procedure

Example:  
Top/bottom heating ,  
190 °C



1. Select the desired type of heating using the function selector.



2. Use the temperature selector to set the temperature or grill setting.

## Switching off

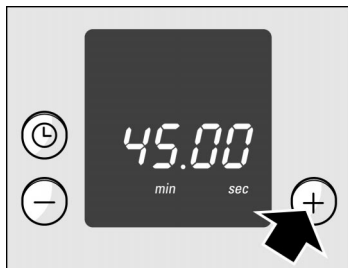
Switch off the function selector and temperature selector when the dish is ready.

## Changing the setting

You can change the type of heating, temperature or grill setting at any time.

## If the oven is to switch off automatically

Example:  
Cooking time 45 minutes




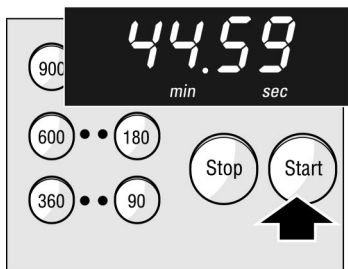
Make settings as described in steps 1 and 2. Set the cooking time for your dish.

**3.** Set the cooking time using the Plus + or Minus – button.

Plus button + default value = 30 minutes

Minus button – default value = 10 minutes

The  temperature symbol goes out and comes on again when the oven starts.



**4.** Press the Start button.

The oven starts. The set cooking time counts down in the display.

**The cooking time has elapsed.**

A signal sounds. The oven switches off. When you open the oven door or press the Stop button the signal will stop. Switch off the function selector to make the clock reappear.

## Changing the cooking time

Change the cooking time using the + or – button.

## Pausing

Open the oven door. The cooling fan may run on. Simply press the Start button again once you have closed the door. Cooking continues.

If you forget to press the Start button you will hear a signal after three seconds.

## Cancelling the setting

Press the Stop button twice. Switch off the function selector.

# Oven and microwave combined

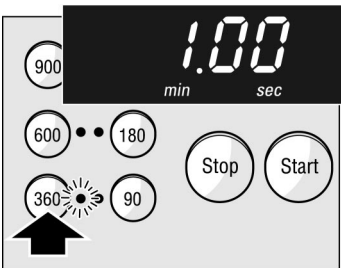
You can use the microwave at the same time as another type of heating. The microwave and oven will switch off simultaneously.

You can set up to three microwave power settings and times plus one type of heating.

Combined settings for many dishes can be found in the "Tables and tips" section.

Please note: The 900 W microwave power setting is not suitable for combined operation. The setting is corrected to 600 W in the display.

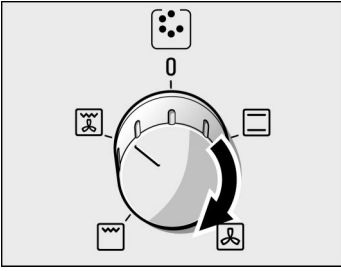
Example:  
Microwave power 360 W,  
25 minutes,  
hot air grilling 190 °C



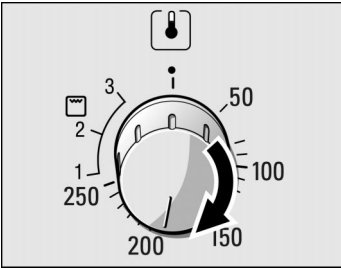
1. Press the button for the microwave power setting you require.



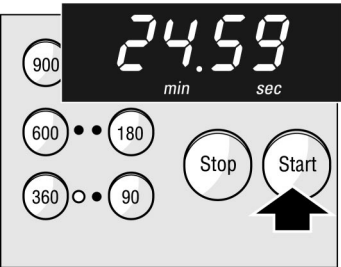
2. Set the cooking time using the + or – button.



3. Select the desired type of heating using the function selector.



4. Use the temperature selector to set the temperature or grill setting.



5. Press the Start button.

**The cooking time has elapsed**

The oven starts. The set cooking time can be seen counting down in the display.

### Changing the setting

A signal sounds. The oven and microwave switch off. When you open the oven door or press the Stop button the signal will stop. Switch off the function selector to make the clock reappear.

If you have set only one microwave power setting and time, you can change the cooking time at any time. If you are using more than one microwave power setting you can only change the cooking time before cooking starts. After that you have to cancel the entered setting and reset it.

## Pausing

Open the oven door. The microwave stops. The cooling fan may run on. Simply press the Start button again once you have closed the door. Cooking continues.

If you forget to press the Start button you will hear a signal after three seconds.

## Cancelling the setting


Press the Stop button twice. Switch off the function selector. All settings are cancelled.

## Note

You can also set the type of heating and temperature first and then set the microwave power setting and time.

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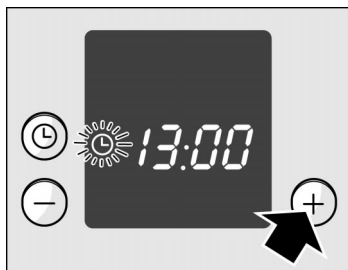
# Clock




When the appliance is connected for the first time, or following a power cut, three zeros and the clock symbol  will flash in the display. Set the time.

---

## Setting procedure

Example:  
13:00



1. While the  symbol is flashing, set the time using the + button or the – button.
2. Press the  clock button. The time is accepted. The  symbol will go out.

**Changing the time e.g. from summer to winter time**

Press the clock button  and set the time as described in steps 1 and 2.



## Hiding the clock

If you do not want the clock displayed, this can be hidden.

1. Set the function selector to 0.
2. Press the ⌚ clock button.
3. Press the Stop button.


To reveal the clock again, press the ⌚ clock button twice and then the Start button.

---


# Childproof lock

The oven has a childproof lock to prevent children switching it on accidentally.

## Locking the oven

Keep pressing the Stop button until the  key symbol appears in the display. All functions are locked.

## Unlocking

Keep pressing the Stop button again until the  key symbol in the display goes out.  
The oven is unlocked.

## Note

You can still set the time when the oven is locked.  
The childproof lock remains active after a power cut.

---

# Changing the signal duration

A signal sounds when the oven switches off. You can change the duration of the signal.

Do this by pressing the Start button for about 6 seconds.

01 = short signal duration - 3 beeps

02 = long signal duration - 30 beeps.

The signal duration is accepted. The clock reappears in the display.

---

# Safety switch-off

If you forget to switch off the oven, the safety switch-off function will be activated. Oven operation will be interrupted. The temperature or grill setting determines when this will happen.

If the oven is no longer heating up, 5 appears in the display.

Heating is interrupted until the function selector is switched off. The 5 will disappear. Now you can reset the oven.

## **Cancelling safety switch-off**

If you enter a duration, the oven will then switch off at the required time.

The safety switch-off is cancelled.

---

# Care and cleaning

Do not use high-pressure cleaners or steam jets.

---

## **Appliance exterior**

Wipe the oven with water and a little detergent. Dry it with a soft cloth.

Sharp or abrasive cleaning products are not suitable. If an abrasive substance comes into contact with the frontage, wash it off immediately with water.

Slight differences in the colours on the front of the appliance are caused by the use of different materials, such as glass, plastic and metal.

## **Appliances with stainless steel fronts**

Always remove any flecks of limescale, grease, cornflour and egg white immediately. Corrosion can form under such flecks.

Clean the oven using water and a little detergent. Dry the surface with a soft cloth.

## **Appliances with aluminium fronts**

Use a mild window-cleaning detergent. Using a soft window cloth or a non-fluffing microfibre cloth, wipe lightly in a horizontal direction.

Harsh cleaning products, scratchy sponges and rough cleaning cloths are not suitable.

---

## **Oven**

Wipe down the oven with a damp cloth when it has cooled down after use. In this way, splashes and food residues are easily removed and do not get even more burnt on the next time the cooker is used. Use mild cleaning agents if the oven is very dirty.

Do not use oven sprays of any kind nor any other aggressive oven cleaners or scourers. Scouring pads, raw sponges and pan cleaners are also unsuitable. These cleaning agents scratch the surface.

Unpleasant odours, e.g. from cooking fish, are easily eliminated. Pour a few drops of lemon juice into a cup of water. Put a teaspoon in the cup to speed up boiling. Heat the water for 1 or 2 minutes in the microwave on maximum power.

## **Self-cleaning surfaces in the oven**

The back wall of the oven is coated in self-cleaning enamel. The surface cleans itself while the oven is in operation. Large splashes sometimes only disappear after the oven has been used several times.

Do not use oven cleaner.

Should the enamel become slightly stained, this will not affect its self-cleaning properties.

## **Cleaning the oven floor, the oven ceiling and the side walls**

Use hot soapy water or a vinegar solution.

It is best to use oven cleaner if the oven is very dirty. Only use oven cleaner in a cold oven.

Never use oven cleaner on the self-cleaning rear wall of the oven.

Note:

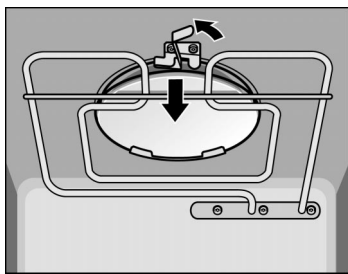
Enamel is baked on at very high temperatures. This can cause some slight colour variation. This is normal and does not affect the function. Do not use coarse scouring pads or strong cleaning agents to remove such discolourations.

The edges of thin trays cannot be completely enamelled. As a result, these edges can be rough. Anti-corrosion protection is guaranteed.

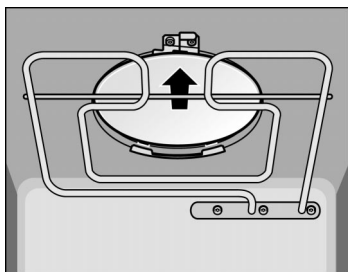
You can remove the glass cover on the oven ceiling. Caution. The oven must be cold.

## Cleaning the glass cover on the oven ceiling

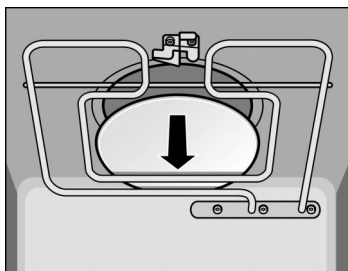
### Removal



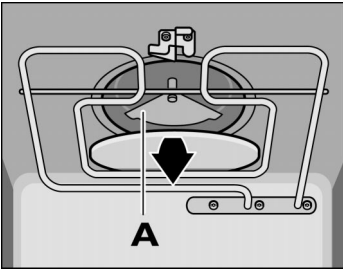
1. Place a tea towel in the oven.
2. Pull the clip on the oven ceiling forwards. With the thumb of the other hand, push the front of the glass cover downwards. Release the clip.



3. With both hands, push the cover forwards and rest it on the grill element.



4. Push it a little towards the back again.



5. Tip it forwards and down and then remove.



**Never touch or clean the microwave antenna (A)!**

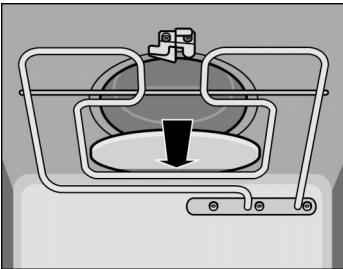
If there is slight soiling:

Wash the glass cover with hot soapy water.

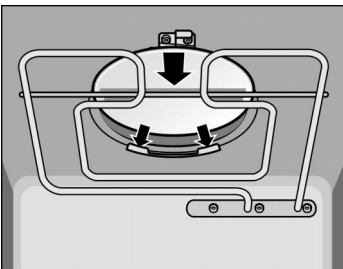
If there is heavy soiling:

Use oven cleaner.

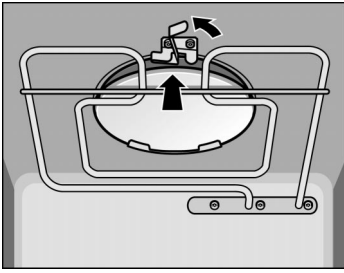
## Installation



1. Slide the cover in with the smooth side facing downwards and rest it on the grill element.



2. With both hands, push it back into the two hooks.



3. Pull the clip forwards and push the glass cover upwards. Release the clip.

Remove the tea towel from the oven.



**Do not operate the appliance without the microwave glass cover.**

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## Seal

Clean the seal on the oven door using detergent. Do not use sharp or abrasive cleaning products.

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## Accessories

It is best to soak the accessories in detergent solution immediately after use. Food residues can then be easily removed with a washing-up brush or sponge.

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# Troubleshooting

Should a malfunction occur, it is often only due to a minor fault. Please read the following instructions before calling the after-sales service:

Problem	Possible cause	Comments/remedy
The oven does not work.	Blown fuse	Look in the fuse box to make sure that the fuse for the appliance is okay.
	Not plugged in	Plug in the oven.
	Power cut	Check whether the kitchen light switches on.

<b>Problem</b>	<b>Possible cause</b>	<b>Comments/remedy</b>
Three zeros flash in the clock display.	Power cut	Reset the clock.
A cooking time and/or a flashing symbol appear in the display.	The rotary knob or a button has been used by mistake.	Press the Stop button.
	The Start button was not pressed after the setting had been made.	Press the Start button or clear the setting by pressing the Stop button.
The microwave does not switch on.	Door not shut properly.	Check whether food residues or a foreign object are trapped in the door. Make sure that the seal surfaces are clean. Check to see if the door seal has become twisted.
	The microwave was not started.	Press the Start button.
It takes longer than before for the food to heat up.	Microwave power setting is too low.	Select a higher power setting.
	A larger amount of food than before was placed in the oven.	Double the amount = almost double the cooking time.
	The food was colder than before.	Stir or turn the food during cooking.
A "5" is shown in the clock display.	The safety switch-off was activated. The oven was operated for a long period without the setting being changed.	Switch off the function selector.
Error message "E7", "E8" or "E9" is shown in the clock display.	There is a malfunction in the microwave.	Press the Stop button. The fault message goes out. Start microwave operation again. If this fault message appears again, please call the after-sales service. It is possible to operate the oven without the microwave.
Error message "E11" is shown in the clock display.	Technical fault.	Contact the after-sales service.

Problem	Possible cause	Comments/remedy
Microwave operation is cancelled for no obvious reason.	The microwave has a fault.	If this fault occurs repeatedly, please call the after-sales service. It is possible to operate the oven without the microwave.

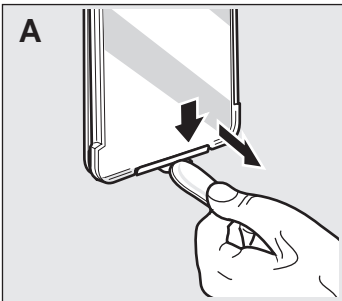
**Repairs must be carried out only by trained after-sales service engineers.** There is a risk serious injury if incorrect repairs are carried out.

## Replacing the oven lightbulb

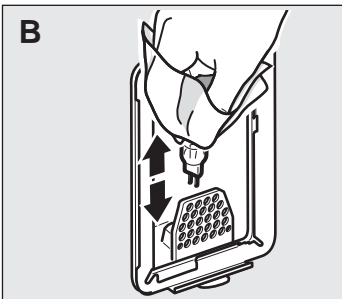
The oven lightbulb can be replaced. Heat-resistant 12 V 20 W halogen bulbs are available from the after-sales service or in specialized stores.

When removing a new halogen bulb from the packaging, always use a dry cloth. This will increase the life of the bulb.

### Method

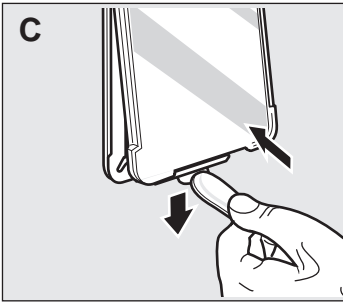


1. Switch off the fuse in the fuse box or unplug the oven at the mains.
2. Place a tea towel in the cold oven to prevent damage.
3. Remove the glass cover. To do this, open the glass cover at the bottom with your hand. If it proves difficult to remove the glass cover, try using a spoon. (Fig. A)



4. Remove the lamp and replace with a lamp of the same type. (Fig. B)





5. Fit the glass cover back on. (Fig. C)

6. Remove the tea towel. Switch on the fuse in the fuse box again or plug in the mains power.

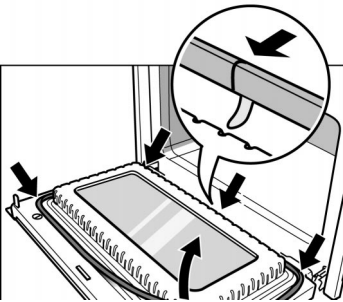
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## Changing the door seal

If the door seal is defective, it must be changed. Replacement seals for your appliance are available from our after-sales service. Please specify the E number and FD number of your appliance.

1. Open the oven door.
2. Pull off the old door seal.
3. There are 5 hooks attached to the door seal. Use these hooks to fit the new seal to the oven door.

Note: The joint at the bottom centre of the door seal is perfectly normal.



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# After-Sales Service

If your appliance needs repairing, you can contact our after-sales service. You will find the address and telephone number of your nearest after-sales service centre in the phone book. The after-sales service centres listed will also be happy to advise you of a service point in your local area.

## E number and production number

Please quote the E number (product number) and the FD number (production number) of your appliance when contacting the after-sales service. The nameplate with these numbers is located inside the oven. You can make a note of these numbers in the space below to save time in the event of your appliance malfunctioning.

E no.	FD no.
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After-sales service ☎
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This appliance complies with the standards EN 55011 and CISPR 11.

The product is classified in group 2, class B.

Group 2 means that microwaves are used for the purpose of heating foodstuffs.

Class B means that the appliance is suitable for use in a private household environment.

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# Tables and tips

This table contains a selection of dishes and the optimum settings at which to cook them. You can use the table to look up which microwave setting, type of heating, and temperature are most suitable for your dish, which accessories to use, and at what height to set the glass pan. You will find a variety of tips about ovenware and preparation, and a small troubleshooting section in case anything should go wrong.

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## Defrosting, heating up and cooking with the microwave

The following tables provide you with numerous options and adjustment values for the microwave.

The times specified in the tables are only guidelines. They may vary according to the ovenware used, the quality, temperature and consistency of the food.

Time ranges are often specified in the tables. Set the shortest time first and then extend the time if necessary.

It may be that you have different quantities from those specified in the tables.

A rule of thumb can be applied:

Double amount - just under double cooking time,  
half amount - half the cooking time.

Position the glass pan at level 1. Place the ovenware in the centre of the glass pan. The food will then absorb the microwaves from all sides.

### Defrosting

Place the frozen food in an open container on the glass pan.

Delicate parts such as the legs and wings of chicken or fatty outer layers of roasts can be covered with small pieces of aluminium foil. The foil must not touch the oven walls. You can remove the foil half way through the defrosting time.

Turn or stir the food once or twice during the defrosting time. Large pieces of food should be turned several times. Turn to remove any liquid that results from defrosting.

Leave defrosted items to stand at room temperature for a further 10 minutes to 1 hour so that the temperature can even out. The giblets can be removed from poultry at this point.

	<b>Amount</b>	<b>Microwave setting (watts), Cooking time in minutes</b>	<b>Notes</b>
Whole joints of meat e.g. beef, pork, veal (with or without bones)	800 g	180 W, 15 mins. + 90 W, 10 - 15 mins.	Turn several times.
	1.000 g	180 W, 15 mins. + 90 W, 20 - 30 mins.	
	1.500 g	180 W, 25 mins. + 90 W, 25 - 30 mins.	
Diced or sliced beef, pork and veal	200 g	180 W, 5 mins. + 90 W, 4 - 6 mins.	Separate the pieces of meat when turning.
	500 g	180 W, 8 mins. + 90 W, 5 - 10 mins.	
	800 g	180 W, 10 mins. + 90 W, 10 - 15 mins.	
Mixed minced meat	200 g	90 W, 10 - 15 mins.	Freeze flat if possible. Turn several times during defrosting and remove meat which has already been defrosted.
	500 g	180 W, 5 mins. + 90 W, 10 - 15 mins.	
	800 g	180 W, 10 mins. + 90 W, 15 - 20 mins.	
	1000 g	180 W, 13 mins. + 90 W, 20 - 25 mins.	
Poultry or poultry portions	600 g	180 W, 5 mins. + 90 W, 13 - 18 mins.	Turn half way through.
	1.200 g	180 W, 10 mins. + 90 W, 20 - 25 mins.	
Duck	2.000 g	180 W, 20 mins. + 90 W, 30 - 40 mins.	Turn several times.
Goose	4.500 g	180 W, 30 mins. + 90 W, 60 - 80 mins.	Turn every 20 minutes. Drain off any liquid produced by defrosting.
Fillet of fish, fish steak, slices	400 g	180 W, 5 mins. + 90 W, 10 - 15 mins.	Separate defrosted items.
Whole fish	300 g	180 W, 3 mins. + 90 W, 10 - 15 mins.	Turn half way through.
	600 g	180 W, 8 mins. + 90 W, 10 - 15 mins.	
Vegetables, e.g. peas	300 g	180 W, 8 - 13 mins.	Stir carefully half way through.
	600 g	180 W, 10 mins. + 90 W, 8 - 13 mins.	
Fruit e.g. raspberries	300 g	180 W, 7 - 10 mins.	Stir carefully during defrosting and separate the defrosted parts.
	500 g	180 W, 8 mins. + 90 W, 5 - 10 mins.	
Butter, softening	125 g	90 W, 7 - 9 mins.	Remove the packaging completely.
	250 g	180 W, 2 mins. + 90 W, 3 - 5 mins.	
Whole loaf	500 g	180 W, 3 mins. + 90 W, 10 - 15 mins.	Turn half way through.
	1.000 g	180 W, 3 mins. + 90 W, 15 - 25 mins.	

	<b>Amount</b>	<b>Microwave setting (watts), Cooking time in minssutes</b>	<b>Notes</b>
Cakes, dry e.g. sponge cakes	500 g 750 g	90 W, 10 - 15 mins. 180 W, 2 mins. + 90 W, 10 - 15 mins.	Separate pieces of cake. Only for cakes without icing, cream or crème pâtissière.
Cakes, moist e.g. fruit cake and cheese cake	500 g 750 g	180 W, 5 mins. + 90 W, 15 - 20 mins. 180 W, 10 mins. + 90 W, 15 - 20 mins.	Only for cakes without icing, cream or gelatine.

### **Defrosting, heating up or cooking frozen foods**

Take ready-made meals out of their packaging. They will heat up more quickly and evenly if you place them in microwavable dishes. Different parts of the meal may heat up at different rates.

Food which is laid flat heats up quicker than if it is piled high. Therefore it is best to spread out the food so that it lies flat in the container. You should not place layers of food on top of each other.

Always cover the food. If you do not have a suitable lid for your dish, use a plate or special microwave foil.

You should stir or turn the food two to three times during heating.

Once you have heated up the meals, leave them to stand for another 2 to 5 minutes so that the temperature can stabilize.

The individual taste of the food is retained to a large degree. You can therefore go easy on salt and spices.

	<b>Amount</b>	<b>Microwave setting (watts), Cooking time in minutes</b>	<b>Notes</b>
Menu, one-course meal, ready-made meal in two to three parts	300-400 g	600 watts, 11 - 15 mins.	covered
Soups	400-500 g	600 watts, 8 - 13 mins.	covered
Stews	500 g	600 watts, 10 - 15 mins.	covered
	1.000 g	600 watts, 20 - 25 mins.	
Slices or pieces of meat in sauce, e.g. goulash	500 g	600 watts, 12 - 17 mins.	covered
	1.000 g	600 watts, 25 - 30 mins.	
Fish, e.g. fillets	400 g	600 watts, 10 - 15 mins.	covered
	800 g	600 watts, 18 - 23 mins.	

	Amount	Microwave setting (watts), Cooking time in minutes	Notes
Side dishes, e.g. rice, noodles	250 g	600 watts, 2 - 5 mins.	covered, add water
	500 g	600 watts, 7 - 10 mins.	
Vegetables e.g. peas, broccoli and carrots	300 g	600 watts, 8 - 12 mins.	covered, add 1 tbsp water
	600 g	600 watts, 13 - 18 mins.	
Creamed spinach	450 g	600 watts, 11 - 16 mins.	simmer without adding water

## Heating food

Take ready-made meals out of their packaging. They will heat up more quickly and evenly if you place them in microwavable dishes. Different parts of the meal may heat up at different rates.



When heating liquids, always place a teaspoon in the container to stop the liquid from boiling over. When boiling is delayed, the liquid comes to the boil without the customary steam bubbles. Even if the container only vibrates a little, the liquid can boil over a lot or spatter. This can cause injuries and scalding.

Always cover the food. If you do not have a suitable lid for your dish, use a plate or special microwave foil.

You should stir or turn the food several times during heating. Monitor the temperature.

Once you have heated up the meals, leave them to stand for another 2 to 5 minutes so that the temperature can stabilize.

	Amount	Microwave power setting, cooking time in minutes	Notes
Full meal, one-course meal, ready-to-eat meal (2-3 components)	350-500 g	600 watts, 4-8 mins	Covered
Drinks	150 ml	900 watts, 1-3 mins	Place a spoon in the container.
	300 ml	900 watts, 3-4 mins	Do not overheat alcoholic drinks.
	500 ml	900 watts, 4-5 mins	Check during heating.
Baby food, e.g. milk bottles*	50 ml	360 watts, ½-1 mins	Without the lid or teat. Always shake well or stir after heating. You must check the temperature
	100 ml	360 watts, 1-1½ mins	
	200 ml	360 watts, 1-2 mins	

		Amount	Microwave power setting, cooking time in minutes	Notes
Soup,	1 cup	175 g	900 watts, 1½-2 mins	
	2 cups	175 g each	900 watts, 2-4 mins	
	4 cups	175 g each	900 watts, 4-6 mins	
Slices or pieces of meat in sauce		500 g	600 watts, 7-10 mins	Covered
Stew		400 g	600 watts, 5-7 mins	Ovenware with lid
		800 g	600 watts, 7-10 mins	
Vegetables,	1 portion	150 g	600 watts, 2-3 mins	Add a little liquid.
	2 portions	300 g	600 watts, 3-5 mins	

\* Place milk bottles on the oven floor.

## Cooking food

Always cook food in covered dishes. You should stir or turn the food during cooking.

The individual taste of the food is retained to a large degree. You can therefore go easy on salt and spices.

Food which is laid flat heats up quicker than if it is piled high. Therefore it is best to spread out the food so that it lies flat in the container. If possible, you should not place layers of food on top of each other.

Once you have cooked the meals, leave them to stand for another 2 to 5 minutes so that the temperature can stabilize.

		Amount	Microwave power setting, cooking time in minutes	Notes
Fresh whole chicken, without giblets		1500 g	600 watts, 25-30 mins	Turn half way through the cooking time.
Fish fillet, fresh		400 g	600 watts, 8-13 mins	
Vegetables, fresh		250 g	600 watts, 6-10 mins	Cut vegetables into pieces of equal size. Add 1 to 2 tablespoons of water per 100 g of vegetables.
		500 g	600 watts, 10-15 mins	
Side dishes, e.g. potatoes		250 g	600 watts, 8-11 mins	Cut potatoes into pieces of equal size. Add 1 to 2 tablespoons of water per 100 g and stir.
		500 g	600 watts, 12-15 mins	
		750 g	600 watts, 15-22 mins	
e.g. rice		125 g	600 watts, 4-6 mins + 180 watts, 12-15 mins	Add twice the amount of liquid and use a high-sided dish.
		250 g	600 watts, 7-9 mins + 180 watts, 15-20 mins	

	Amount	Microwave power setting, cooking time in minutes	Notes
Desserts, e.g. milk pudding (instant)	500 ml	600 watts, 5-8 mins	Stir the pudding thoroughly 2 to 3 times during cooking using an egg whisk.
Fruit, stewed fruit	500 g	600 watts, 9-12 mins	

## Tips for microwave operation

**No settings are given for specified amounts of food.**

Increase or decrease the cooking times according to the following rule of thumb:

Double the amount = almost double the time

Half the amount = half the time

**The food becomes too dry.**

Set a shorter cooking time next time or select a lower microwave setting. Cover the food and add more liquid.

**After the time has elapsed, the food is not defrosted, is not hot or is not cooked.**

Set a longer time. Larger amounts and deeper dishes take longer to cook.

**At the end of the cooking time, the food is overcooked on the outside but undercooked in the middle.**

Stir the food during the cooking time and next time select a lower setting and a longer duration.

**After defrosting, the poultry or meat is cooked on the outside but still frozen in the middle.**

Next time select a lower microwave setting. In addition, turn large amounts of meat or poultry frequently when defrosting.

## Meat, poultry, fish

**About the tables**

The temperature and roasting time depend on the type and amount of food being cooked. This is why temperature ranges are given in the tables. Begin with the lower temperature and, if necessary, use a higher setting the next time.

For more information, see the “Tips for grilling and roasting” section which follows the tables.



## Ovenware

You may use any heat-resistant ovenware which are suitable for use in a microwave. Metal roasting dishes can only be used for roasting without the microwave feature.

Hot glass dishes should be placed on a dry kitchen towel after removal from the oven. The glass could crack if placed on a cold or wet surface.

The ovenware can become very hot. Use oven gloves to take the ovenware out of the oven.






## Notes on roasting









Use a deep tin for roasting.

Check that your ovenware fits in the cooker. It should not be too large.

Add 2 to 3 soup spoons of liquid to lean meat, and 8 to 10 soup spoons of liquid to pot roasts, depending on the size.

Turn the meat after half the cooking time has elapsed. When the roast is ready, switch off the oven and leave the roast to stand for 10 minutes with the oven door closed. This allows the meat juices to distribute more evenly.

	Microwave setting in watts, cooking time in minutes	Level	Type of heating	Temperature in °C, grill setting	Notes
Pot-roasted beef approx. 1,000 g	–, 120 mins	1		150-170	Dish with lid on glass pan. Turn twice.
Sirloin, medium rare approx. 1,000 g	180 W, 30-40 mins	1		250	Uncovered dish. Turn half way through the cooking time. When finished, leave to stand for 10 minutes.
Pork without crackling, approx. 750 g, e.g. neck	180 W, 40-50 mins	1		220-240	Dish with lid on glass pan. Turn half way through the cooking time.
Pork with crackling* approx. 1,500 g e.g. shoulder	600 W, 10 mins + –, 115-125 mins	1		180-200	Uncovered dish. When finished, leave to stand for 10 minutes. Do not turn.
Loin of pork, approx. 1,000 g	90 W, 55-65 mins	1		210-230	Dish with lid. When finished, leave to stand for 10 minutes.

	Microwave setting in watts, cooking time in minutes	Level	Type of heating	Temperature in °C, grill setting	Notes
Meatloaf approx. 1000 g	600 W, 10 mins + 180 W, approx. 50 mins	1		190-210	Dish without lid on glass pan. When finished, leave to stand for 10 minutes.
Whole chicken approx. 1,000-1,200 g	360 W, 25-35 mins	1		230-250	Dish with lid on glass pan. Cook with the breast side down. Turn the chicken 2/3 of the way through the cooking time.
Chicken portions, e.g. chicken quarters approx. 800 g	360 W, 35-40 mins	1		170-190	Uncovered dish on glass pan. Cook with the skin side down. Do not turn.
Duck 1,500-1,700 g	180 W, 60-80 mins	1		170-190	Universal pan. Turn twice.
2 duck breasts each 300-400 g	90 W, 18-22 mins	2**		3	Cook with the skin side down. Turn after 10 minutes.
2 goose breasts each approx. 500 g	90 W, 20-25 mins	2**		210-230	Cook with the skin side down. Turn after approx. 10 minutes.
4 goose breasts approx. 1,500 g	180 W, 35-45 mins	2**		170-190	Turn after approx. 20 minutes. After turning, pierce the skin.
Goose 3,000-3,500 g	180 W, 80-90 mins	1		170-190	Universal pan. Turn twice.

\* Make cuts in the pork rind.

\*\* Wire rack into the glass pan. Add 50 ml water to the glass pan.

## Notes on grilling


For grilling place the wire rack into the glass pan. Always grill with the oven door closed and do not preheat.

If possible, grill pieces of meat which are of the same thickness. Steaks should be at least 2 to 3 cm thick. Such pieces will be browned evenly and stay juicy and soft in the middle. Only salt the steaks after they have been grilled.

Turn the meat with tongs. If you pierce the meat with a fork, it will lose its juices and dry out.

Red meat such as beef browns quicker than white meat such as veal or pork. Do not worry about this. Grilled white meat or fish is often only lightly browned on the surface. Nevertheless it is done on the inside and is juicy.

Note: The grill element automatically switches itself off and back on again. This is normal. The number of times this happens depends on the grill setting you have selected.

	Amount	Weight	Level	Radiant grilling 	Cooking time in minutes
Steaks 2-3 cm thick	2-3 servings	approx. 200 g each	1+3**	Setting 3 Setting 3	1st side: approx. 10 - 15 mins. 2nd side: approx. 5 - 10 mins.
Neck fillets 2-3 cm thick	2-3 servings	approx. 120 g each	1+3**	Setting 2 Setting 2	1st side: approx. 15 - 20 mins. 2nd side: approx. 10 - 15 mins.
Sausages	4-6 servings	approx. 150 g each	1+3**	Setting 3 Setting 3	1st side: approx. 10 - 15 mins. 2nd side: approx. 5 - 10 mins.
Fish steak*	2-3 servings	approx. 150 g each	1+3**	Setting 3 Setting 3	1st side: approx. 10 - 12 mins. 2nd side: approx. 8 - 12 mins.
Whole fish* e.g. trout	2-3 servings	approx. 300 g each	1+3**	Setting 2 Setting 2	1st side: approx. 10 - 15 mins. 2nd side: approx. 10 - 15 mins.
Toast	12 slices		3	Setting 3 Setting 3	1st side: approx. 4 - 6 mins. 2nd side: approx. 2 - 3 mins.
Toast	4 slices**		3	Setting 3 Setting 3	1st side: approx. 5 - 6 mins. 2nd side: approx. 3 - 4 mins.

\* Grease the wire rack with oil before grilling.

\*\* Place the slices of bread next to each other in the middle of the wire rack.

## Advice on roasting and grilling

**The table does not contain specifications for the weight of the roast**

Select the next lowest weight from the instructions and extend the time.

**How can you tell when the roast is ready.**

Use a meat thermometer (available from specialist stores) or implement a "spoon test". Press a spoon onto the roast. If it feels firm, it is ready. If it can be pressed in, it needs to be cooked for a little longer.

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The roast looks good, but the sauce is burnt.

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Next time, use a smaller roasting dish and add more liquid.

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The roast looks good, but the sauce is too light and watery.

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Next time, use a larger roasting dish and add less liquid.

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The microwave setting was switched on. The roast is not cooked through.

Carve the roast, prepare the sauce in the roasting pan, place the meat slices into the sauce and finish off the cooking using the microwave setting only.

Next time, use the microwave function from the start of the cooking process. Use a meat thermometer and leave the finished roast to stand in the oven for a further 10 minutes.

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## Cakes and pastries

### About the tables

The times given apply to dishes placed in a cold oven.

The temperature and baking time depend on the consistency and amount of the mixture. This is why temperature ranges are given in the tables. Begin with the lower temperature and, if necessary, use a higher setting the next time, since a lower temperature allows more even browning.



More information can be found in the “Baking tips” section which follows the tables.



Always place the cake tin in the centre of the glass pan.

### Baking tins













It is best to use dark-coloured metal baking tins.

When using the microwave, use baking containers made of glass, ceramic, or plastic. These must be heat-resistant up to 250 °C. Cakes will not brown so well if you use these types of baking containers.

Cake	Ovenware	Level	Microwave setting in watts	Cooking time in minutes	Type of heating	Temperature in °C
Nut cake	Springform cake tin	1	90 watts	35-45		170-180
Fruit or cheese cake with short pastry*	Springform cake tin	1	360 watts	30-40		170-180


Cake	Ovenware	Level	Microwave setting in watts	Cooking time in minutes	Type of heating	Temperature in °C
Fruit cake, fine sponge mixture	Ring mould or Springform cake tin	1	90 watts	30-40		160-180
Plain sponge cakes	Ring-shaped/ Vienna ring/ rectangular cake tin	1	90 watts	30-40		160-180







\* Allow cakes to cool in the oven for approximately 20 minutes.

Cake	Ovenware	Level	Type of heating	Temperature in °C	Cooking time in minutes
Delicate sponge cakes (e.g. pound cake)*	Ring-shaped/ Vienna ring/ rectangular cake tin	1		150-170	60-80
Cake base with shortcrust pastry edge	Springform cake tin	1		180-200	30-40
Cake base made from sponge mixture	Fruit cake base	2		160-180	25-35
Swiss roll	Springform cake tin	1		170-180	30-40
Cake with dry topping (sponge)	Universal pan	2		170-180	25-35
Cake with moist topping e.g. yeast dough with apple crumble	Universal pan	2		170-190	45-55
Plaited loaf made with 500 g flour	Universal pan	2		160-180	40-50
Stollen made with 500 g flour	Universal pan	2		150-170	60-70
Pizza	Universal pan	1		210-230	30-40
Bread 1 kg** (preheat to 250 °C, 10 mins.)	Universal pan	2		250 + 180	10 20-30
Flan	Universal pan	1		200-220	40-50
Savoury cakes (e. g. quiche/onion tart)	Springform cake tin or quiche dish directly on the universal pan	1		180-200	55-65

\* Allow cakes to cool in the oven for approximately 20 minutes.

\*\* Never pour water directly into a hot oven.

Biscuits	Level	Type of heating	Temperature in °C	Cooking time in minutes
Biscuits	2		150-170	20-30

Biscuits		Level	Type of heating	Temperature in °C	Cooking time in minutes
Meringue	Universal pan	2		80-100	90-110
Macaroons	Universal pan	2		120-140	30-40
Puff pastry	Universal pan	2		180-200	35-45
Bread rolls (e.g. rye rolls)	Universal pan	2		200-220	20-30
Choux pastry	Universal pan	2		210-230	35-45
Viennese whirls	Universal pan	2		150-170	25-35

## Baking tips

**You wish to cook to your own recipe.**

Refer to the instructions in the tables for similar types of food.

**How to check that a sponge cake is cooked properly.**

Approximately 10 minutes before the end of the baking time specified in the cooking instructions, pierce the deepest part of the cake using a cocktail stick. The cake is done if the cocktail stick comes out clean.

**The cake collapses.**

Next time you should add less liquid or set the oven temperature around 10 degrees lower. Observe the cooking times in the recipe.

**The cake has risen in the centre but is lower at the edges.**

Only grease the base of the springform cake tin. As soon as the cake is ready, carefully loosen the cake around the edges using a knife.

**The cake is too dark.**

Select a lower temperature and cook the cake for a little longer.

**The cake is too dry.**

Use a toothpick to make small holes in the baked cake. Then drizzle fruit juice or alcohol over the top. Next time you should decrease the temperature by around 10 degrees and reduce the baking times.

**The bread or cake (e.g. cheesecake) looks fine, but is soggy on the inside (soft, with watery areas).**

Next time you should add a little less liquid and cook for a little longer at a lower temperature. For cakes with a moist topping, you should first bake the base, sprinkle it with almonds or breadcrumbs and then add the topping. Please observe the recipe and the baking times.

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**The cake does not turn out when turned upside down.**

Allow the cake to cool for 5 to 10 minutes after baking, it will then turn out of the tin more easily. If it still does not turn out, carefully loosen the edges using a knife. Turn the cake upside down again and wrap a cold, wet cloth around the tin. Next time you should grease the tin well and add some breadcrumbs also.

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**You have checked the oven temperature with your own thermometer and have discovered a discrepancy.**

The oven temperature was checked by the manufacturer. The temperature was taken from the centre of the oven after a specified time during a test roasting. Each piece of ovenware and each accessory will affect the measured value, meaning that there will always be a discrepancy.

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**Sparks appear between the dish and the wire rack.**

Check whether the outside of the dish is clean. Alter the position of the dish in the oven. If this does not help, continue to bake without using the microwave function. The baking time is consequently extended.

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## Energy saving tips

Only preheat the oven if it specifies in the recipe or in the table in the instruction manual that you should do so.

Use non-stick, black painted or enamelled tins. They absorb the heat especially well.

If you have several cakes to bake it is best to bake them one after the other. The oven is still warm. This shortens the baking time for the second cake.

For long cooking times, it is possible to switch off the oven 10 minutes before the end of the cooking time and thus use the residual heat to finish off the cooking.

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## Bakes, gratins, toast

The table applies to dishes placed in a cold oven.

Place the bake in microwaveable ovenware on the glass pan.

Use large flat ovenware for bakes and gratins. Food takes longer to cook in narrow, deep containers and browns more on top.

Bakes and gratins should be left to cook in the oven for a further 5 minutes after the oven has been switched off.







Dish	Amount	Ovenware	Level	Microwave wattage	Cooking time in minutes	Type of heating	Temp. in °C grill
Sweet bakes (e.g. quark and fruit bake)	Approx. 1500 g	Shallow ovenproof dish 4-5 cm	1	360 W	25-35		140-160
Savoury bakes made from cooked ingredients (e.g. pasta bake)	Approx. 1000 g	Shallow ovenproof dish 4-5 cm	1	600 W	20-25		150-170
Savoury bakes made from raw ingredients* (e.g. potato gratin)	Approx. 1100 g	Shallow casserole dish	1	600 W	20-25		180-200
Toast with topping*	2-4 slices	Universal pan	2	Depending on topping: 180 W	8-10		Setting 3

\* Toast slices of bread in advance

## Deep-Frozen Ready Meals

Please observe the instructions on the packaging.

The values in the table apply to dishes placed in a cold oven.

Dish		Level	Type of heating	Temperature in °C	Cooking time in minutes
Fruit strudel	Universal pan	2		200-220	30-40
Chips	Universal pan	2		220-230	20-25
Pizza	Universal pan	1		180-200	20-25
Pizza baguette	Universal pan	1		180-190	15-20
Croquettes	Universal pan	2		200-220	25-35
Fried potatoes	Universal pan	2		200-220	25-35



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# Acrylamide in food

Experts are currently discussing how dangerous acrylamide in food can be. We have compiled this information sheet for you on the basis of current research.

## Where does acrylamide come from?

Acrylamide in food does not come from external contamination. It is formed in the food itself during preparation - provided that the food contains carbohydrate and protein. Exactly how this happens has not yet been completely explained. However, it appears that the acrylamide content is strongly influenced by:

high temperatures  
a low water content in food  
intensive browning of the food.

## What sort of foods are affected?

Acrylamide forms mostly in grain and potato products that are prepared at high temperatures, e.g.:

crisps, chips,  
toast, rolls, bread,  
baked goods made from shortcrust pastry (speciality biscuits and cakes).

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## What can you do?

You can avoid high levels of acrylamide when baking, frying and grilling.

The following recommendations were published by AID<sup>1</sup> and BMVEL<sup>2</sup> to help you minimise acrylamide levels:

### In general:

Keep cooking times as short as possible.

“Brown rather than burn” - cook food only until it is golden brown.

The larger and thicker the food is, the less acrylamide it contains.

## Baking:

Set the temperature to a maximum of 180 °C when using the hot air setting.

Biscuits: Set the temperature to a maximum of 170 °C when using the hot air setting. The presence of egg or egg yolk in a recipe reduces the formation of acrylamide.

Spread oven chips evenly over the baking sheet in one layer where possible. To prevent the food from drying out quickly, place at least 400 g on each baking sheet.

<sup>1</sup> AID “Acrylamide” information leaflet, published by AID (German Evaluation and Information Service for Nutrition, Agriculture and Forestry) and BMVEL (German Federal Ministry for Consumer Protection, Food and Agriculture), as at 12/02, Internet:<http://www.aid.de>.

<sup>2</sup> BMVEL press release 365, 4.12.2002, Internet:<http://www.verbraucherministerium.de>.

# Test dishes

The quality and function of microwave combination appliances is tested by testing institutes using the following dishes.

In accordance with standards EN 60705, IEC 60705 DIN 44547 and EN 60350



## Microwave defrosting


Dish	Microwave setting (watts), Cooking time in minutes	Notes
Meat	180 W, 7 + 90 W, 7-10	Place the 22 cm diameter pyrex dish on the glass pan, level 1. Remove the defrosted meat after approximately 13 minutes.

## Microwave cooking

Dish	Microwave setting (watts), Cooking time in minutes	Notes
Custard	360 W, 20 + 180 W, 20-25	Place the pyrex dish on the glass pan, level 1.
Sponge	600 W, 8-10	Place the 22 cm diameter pyrex dish on the glass pan, level 1.
Meat loaf	600 W, 20-25	Place the pyrex dish on the glass pan, level 1.

## Microwave combined cooking

Dish	Microwave setting (watts), Cooking time in minutes	Type of heating	Temperature in °C	Notes
Potato gratin	600 W, 20-25		170-190	Place the 22 cm diameter pyrex dish on the glass pan, level 1.
Cake	180 W, 15-20		180-200	Place the 22 cm diameter pyrex dish on the glass pan, level 1.








Dish	Microwave setting (watts), Cooking time in minutes	Type of heating	Temperature in °C	Notes
Chicken*	360 W, 25-30		200-220	Turn after 15 minutes.

\* Insert the glass pan with wire rack at level 2.

In accordance with DIN 44547 and EN 60350

## Baking


The values in the table apply to dishes placed in a cold oven.

	Ovenware and notes	Level	Type of heating	Temperature in °C	Baking time in minutes
Viennese whirls	Universal pan	2		160-180	20-30
				150-170	20-30
Small Cakes*	Universal pan	2		170-190	20-30
				150-170	20-30
Hot water sponge cake	Springform cake tin on the glass pan	1		170-190	30-40
Yeast cakes on a baking tray	Universal pan	2		170-190	45-55
German apple pie	20 cm diameter tinplate springform cake tin directly on the universal pan	1		200-220	70-90

\* Preheat oven for 5 minutes.

## Grilling

The values in the table apply to dishes placed in a cold oven.

Dish	Accessories	Level	Grill 	Cooking time in minutes
Toast	Wire rack in glass pan	3	3	5-8
Beefburgers, x 12*	Wire rack in glass pan	3 1	3	30

\* Turn after  $\frac{2}{3}$  through the cooking time.